










## COSHH ASSESSMENT FORM

<b>Risk Assessment Reference Number:</b> COSHH103		<b>Date of Assessment:</b> 31/10/2025	
<b>Assessor/s:</b> Jamie-Lee Macavoy		<b>Name of Substance:</b> MPM Motor Oil 0W-30 Premium Synthetic PC	
<b>Date of Safety Data Sheet (SDS):</b> 21/06/2023		<b>Manufacturer:</b> MPM International Oil Company	
<b>Use (details of the way it is used):</b> use as per manufacturer guidelines.			
<b>Frequency of Exposure:</b> varies		<b>Duration of Exposure:</b> short duration	
<b>Workplace Exposure Limit (WEL):</b>	<input type="checkbox"/> Not Assigned	Molybdeenpolysulfide-alkyl dithiocarbamaat longchain complex	IOELV TWA – 10mg/m3
<b>Hazard Warning Symbols associated with substance (circle):</b>			
			
			
			
Explosive	Corrosive	Flammable	Serious Health Hazard
			Health Hazard
			Oxidising
			Toxic
			Hazardous to Environment
			Gas under Pressure

Worst Case Outcome					Likelihood					Risk Rating Outcome X Likelihood		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	likely	Unlikely	Remote	15-25	10-12	1-9

Persons affected by the Activity	Identified Hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No

Employees/ Contractors/ Others	Respiratory problems due to inhalation	Only trained, competent personnel are authorised to use product. Product only to be used in well-ventilated areas.	2 Minor Injury	2 Unlikely	4 Low	No
Employees	Ingestion (gastrointestinal irritation)	Ensure hands are washed prior to eating, drinking and smoking.	2 Minor Injury	1 Remote	3 Low	No
Employees/ Contractors/ Others	Irritation of eyes and skin/dermatitis due to contact	Eye protection and protective gloves available. EN166 eye protection (goggles), EN374 Gloves (nitrile rubber >480min, > 0.4mm thickness). Use barrier creams available. Eye wash station available and adequate supply. Ensure good hygiene practices are followed.	3 Lost time Injury	2 Unlikely	6 Low	No
Employees/ Contractors/ Others	Fire and explosion	Minimal quantities are stored. Ordered as required. Suitable and sufficient fire extinguishers located in works areas. Use water spray, powder, foam, CO2.	5 Fatality	1 Remote	5 Low	No
Environment	Pollution and contamination to ground and watercourse	Must be used in line with manufacturer's instructions. Must be disposed of in line with local waste conditions. Stop at source, contain and clean up spill. Avoid release into the environment.	1 No Injury	2 Unlikely	2 Low	No



Further Control Measures						Further Control Measures Follow up					
						Allocated to (Name)	Target date	Date completed			
Review date/s:											
Reviewed By:											